

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**  
**LEVEL 1/2**  
**R041/01**

**CAMBRIDGE NATIONAL IN**  
**SPORT SCIENCE**

**Reducing the risk of sports injuries**

**THURSDAY 14 JANUARY 2016: Afternoon**

**DURATION: 1 hour**  
**plus your additional time allowance**

**MODIFIED ENLARGED**

<b>Candidate forename</b>		<b>Candidate surname</b>	
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<b>Centre number</b>						<b>Candidate number</b>				
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**Candidates answer on the Question Paper.**

**OCR SUPPLIED MATERIALS:**

**None**

**OTHER MATERIALS REQUIRED:**

**None**

**READ INSTRUCTIONS OVERLEAF**

## **INSTRUCTIONS TO CANDIDATES**

**Write your name, centre number and candidate number in the boxes on the first page. Please write clearly and in capital letters.**

**Use black ink. HB pencil may be used for graphs and diagrams only.**

**Answer ALL the questions.**

**Read each question carefully. Make sure you know what you have to do before starting your answer.**

**Write your answer to each question in the space provided. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.**

## **INFORMATION FOR CANDIDATES**

**The number of marks is given in brackets [ ] at the end of each question or part question.**

**The total number of marks for this paper is 60.**

**The quality of your written communication will be assessed in your answer to the question marked with an asterisk (\*).**

**Any blank pages are indicated.**

**BLANK PAGE**

**Answer ALL the questions.**

- 1 Complete the following table showing the symptoms and treatments of common medical conditions.**

<b>MEDICAL CONDITION</b>	<b>SYMPTOMS</b>	<b>TREATMENT</b>
<b>Asthma</b>	(a) _____  (b) _____	(c) _____
(d) _____	<b>Seizures</b>	<b>Emergency care plan in place</b>
<b>Diabetes</b>	(e) _____  (f) _____	(g) _____  (h) _____

**[8]**

- 2 Give an example and possible cause of the following types of injury:**

**Acute**

**Example** \_\_\_\_\_ [1]

**Cause** \_\_\_\_\_  
\_\_\_\_\_ [1]

**Chronic**

**Example** \_\_\_\_\_ [1]

**Cause** \_\_\_\_\_  
\_\_\_\_\_ [1]

- 3 Describe why the following might be used to treat an injury:**

**Bandaging**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

**Sling**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [1]

- 4 (a) Give an example of a sporting situation where a fracture might occur.**

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[1]

- (b) Explain the difference between an open fracture and a closed fracture.**

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[2]

- 5 Explain why R.I.C.E. might be unsuitable for treating some injuries.**

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[2]

**6 S.A.L.T.A.P.S. is the acronym for an on-field injury assessment routine.**

**(a) Fill in the missing words below:**

**See**

**Ask**

**Look**

**Touch**

**A** \_\_\_\_\_ **[1]**

**P** \_\_\_\_\_ **[1]**

**S** \_\_\_\_\_ **[1]**

**(b) Describe what is meant by ‘Look’ and ‘Touch’ when applying S.A.L.T.A.P.S.**

**Look** \_\_\_\_\_  
\_\_\_\_\_ **[1]**

**Touch** \_\_\_\_\_  
\_\_\_\_\_ **[1]**

- 7 Identify TWO psychological benefits and TWO physical benefits of a warm up.**

**Psychological**

**1** \_\_\_\_\_ **[1]**

**2** \_\_\_\_\_ **[1]**

**Physical**

**1** \_\_\_\_\_ **[1]**

**2** \_\_\_\_\_ **[1]**

- 8 How might a cool down aid recovery from exercise?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **[3]**



- 9 Give an example and a reason why each of the following components of a warm up is beneficial:

**Pulse raiser:**

**Example** \_\_\_\_\_

**Description** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

**Mobility:**

**Example** \_\_\_\_\_

**Description** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

**Dynamic movements:**

**Example** \_\_\_\_\_

**Description** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [2]

**10 Describe the purpose of skill rehearsal in a warm up.**

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**[2]**

**11 Describe THREE ways that coaching or supervision can influence the risk of injury to sports performers.**

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**[3]**

**12 Describe how each of the following could cause injury:**

**Protective equipment**

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[1]

**Performance equipment**

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[1]

**Clothing/footwear**

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[1]

**13 Psychological factors can increase a performer's chance of sustaining an injury. Which ONE of the following is NOT a psychological factor? (Circle your chosen option to indicate your answer).**

- (a) Motivation**
- (b) Anxiety levels**
- (c) Aggression**
- (d) Sleep**

**[1]**

- 14 Explain why the following should be considered when leading a sports session. Use a different example to support each explanation.**

**Gender**

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**[2]**

**Age**

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**[2]**

**Previous or recurring injuries**

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**[2]**

**15\* Poor posture can be caused by sporting, medical and lifestyle factors.**

## Explain causes of poor posture and how they may affect sports performance.

**[8]**

[illegible]

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**END OF QUESTION PAPER**

### ADDITIONAL ANSWER SPACE

**If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.**

[illegible]



[illegible]








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